

West Basin Water District Size Parley Subject

Organizers of the West Basin Water District, embracing the cities and unincorporated areas in the southwest portion of the county, are to meet Friday morning, Nov. 1, with the water problems committee of the Metropolitan Water District to discuss the boundaries of the proposed district, and the prospect of annexing to the Metropolitan district when the new West Basin district is organized.

The meeting with the Metropolitan directors is preparatory to the hearing of an organization petition before the Board of Supervisors scheduled for Wednesday, Nov. 6.

Formation of the new district is being rushed because of the falling water table from the Inglewood Fault westward to the ocean and southward to Long Beach, and because of the encroachment of salt water estimated by engineers of the U. S. Geodetic Survey to be flooding the district's underground

fresh water supply at the rate of 1,000 feet per year.

Cities involved in the new water district include Inglewood, Gardena, Hawthorne, El Segundo, Hermosa Beach, Redondo Beach, Manhattan Beach, Palos Verdes Estates, Lomita and other county territory in the West Basin. Torrance already is a member of the Metropolitan Water District and thus is not interested in the new West Basin Municipal Water district.

TORRANCE GETTING LIQUOR TAX FEES

California cities and counties are about to share \$3,191,058.65, representing half of the alcoholic beverage license fees for the first six months of 1946, according to an announcement made by the State Board of Equalization.

Of this sum, shared on the basis of the location of licensed premises, \$996,587.54 will be distributed in Los Angeles County, where \$2,661.87 will go to Torrance.

Spare Sugar Stamps 9, 10 Still Valid

Spare Stamps 9 and 10 good for five pounds each of home canning sugar, will continue to be valid through November 30, 1946, the OPA announces. Both stamps were to expire October 31, 1946. Following the recently announced decision on a joint United States Department of Agriculture OPA program to move western beet sugar into eastern deficit areas, today's action is the second 30-day extension granted by OPA to permit housewives to receive their fair share of sugar.

In granting the extension, OPA pointed out that local area shortages of sugar had developed largely because of the maritime strike. Today's measure, it is expected, will permit housewives who have been unable to obtain home canning sugar, to finish putting up the last fruits of the canning season, OPA said.

Anti-T.B. Films To Be Shown In Campaign

In preparation for the visit of the mobile X-ray unit of the Los Angeles County Tuberculosis and Health Association, which will visit Torrance, Gardena and Lomita the last two weeks of January, 1947, to offer free chest X-rays to all adults in the community, a meeting of the Torrance Health Committee was held on October 25 in the Welfare Center of Torrance.

Dr. Don C. Moshos, chairman of the Torrance Health Committee, and Mrs. C. W. Stebbins, chairman of the Gardena Committee, called their groups to this meeting to view the showing of two films, "Target TB" and "This is TB," as a preliminary to the publicity campaign to interest the community in the coming of the unit.

Present at the meeting, in addition to the chairman, were: Lew Danfels, president of the Lions Club, Gardena; Mrs. D. Shields, membership chairman of the Gardena High School PTA; Mrs. L. F. Stephenson of the Wednesday Progressive Club, Gardena; Mrs. Millie Machin, school nurse, Torrance Elementary and High Schools; Mrs. Mary Eggleston of the Torrance Welfare Center; and Miss Josephine McCarty of the Los Angeles County Tuberculosis and Health Association.

Rest, Good Food, Sleep, Fresh Air Needed For T.B.

Roy O. Gilbert, M. D., Los Angeles County Health Officer.

There is no medicine or diet that will cure tuberculosis. The only proven remedies are rest, good food and plenty of sleep, fresh air and quiet surroundings. Climate is no longer considered of importance except that clean, fresh air at a comfortable temperature is a necessary part of the treatment.

In the treatment of a TB patient, rest is the most important factor and it must be continuous bed-rest as long as the doctor specifies in order that the affected lungs may heal. Nutritious food next to rest of body and rest of mind is important also.

If possible, the patient should enter a sanatorium where specialized care can be administered. If this is not feasible, treatment at home under medical supervision can be carried out successfully. The following sanitary measures should be adhered to in order that other members of the family do not contract the disease:

The patient should have his own dishes, utensils and bedding and they should be washed in warm, soapy water and boiled for 10 minutes. All personal articles should be kept separate from those used by other members of the household. Collect sputum in paper tissues and burn them. Protect the nose and mouth with tissues when coughing or sneezing and burn the tissues.

Every member of the family of a TB patient and everyone having close contact should have an examination periodically in order that any infection acquired through contact may be discovered early.



FLOWER SHOW OPENS TODAY . . . Pumpkins and chrysanthemums are hardly a usual combination but they will be right in style in Pasadena this year where, on Halloween, the Southern California Fall Flower Show opens its four-day showing. Mary May Hamlin (left) and Patricia Hops Bowdish are trying out the combination, aided by the traditional black cat.

Quandt Seeking Commission's Approval of Sale

An application seeking to transfer the Quandt pumping station to the Torrance Municipal Water district No. 1 was on file today with the California Railroad Commission.

The request was made by C. H. Quandt, who sold his system to the newly formed water district in southwest Torrance recently. It will be utilized in connection with the installation of the \$150,000 water system to serve Walteria and other sections of southwest Torrance.

DEMOCRATIC CLUB

A meeting of the Torrance Democratic club will be held at 7:30 p.m. Thursday, Oct. 31, 1946, at 1316 Border ave., according to B. H. Lingenfelter, president.

Torrance Fire Chief Attends Conference

Torrance Fire Chief J. E. McMaster this week attended meetings of the Pacific Coast Conference of Fire Chiefs conducted in Long Beach, Hilton Hotel. The meetings, which started Oct. 27 and ended yesterday, were for the purpose of acquainting Pacific Coast fire chiefs with the latest fire-fighting methods; McMaster said. Countless exhibits were viewed during the four-day session which marked the tremendous stride that has been made in combating the nation's greatest menace.

MOST EFFECTIVE

Two University of California dentists state that penicillin is probably the most effective form of medication they have ever used in dentistry.

Your Kitchen Counsellor

by JESSIE EWING, Southern California Gas Co. Home Service Representative

A FINE POT-ROAST OF BEEF

A fine pot-roast of beef is an excellent choice for many a menu, and making the most of every bit of the meat is a "vera, vera guide plan."

Scotch that you don't have to be thrifty.

The pot-roasting cuts are usually a little less tender than those selected for true roasting methods. They require moist-heat cookery to bring out the fine flavors and develop the tender texture.

NEW METHOD OF COOKING

If you are one of those who like a new and simplified cooking method, you'll like this idea for cooking a pot-roast.

Here's all you do. Wipe off the surface of the meat with a damp cloth and rub the desired seasoning of salt and pepper. A touch of garlic salt is fine, too, if you happen to be an addict.

Place the meat on a rack in a roaster that has a cover that fits. Slice on some onions, if you like them—and we do. Pour a little water over the "floor" of the pan. The amount of water varies with the size of the roaster. About one-third cup for each pound of meat or enough to be about one-half inch deep in the pan should make your guide as to how much to use.

Put the cover on and place all in the oven with the temperature control set at 350°. Cook, undisturbed, for about 45 minutes per pound. Of course, the time may vary slightly, depending on the tenderness of the beef and the size of the pot-roast.

TRY IT—WE SAY

We can hear a few skeptics proclaiming that the meat will never, never brown. Try it—we say. This method of pot-roasting does away with constant attention to brown all sides of the meat before

cooling can begin. We liked the idea. And the elimination of the little extra fat for the browning is a worthwhile item, too.

We do hope you'll enjoy this new method of cooking a fine pot-roast of beef. And we'll add a few recipes for using the left-overs—that's part of the plan for making the most of the meat.

HOT BEEF SANDWICH

- 1 C. diced cooked beef
- 1 Tbsp. minced onion
- 1 Tbsp. fat
- 2 Tbsp. flour
- 1 1/2 C. milk or broth
- Seasonings
- Toast

Brown onion in fat. Stir in flour. Add liquid slowly, stirring constantly until thickened. Add meat and cook over low flame for 10 minutes. Season to taste with salt, pepper and meat sauce. Serve on toast, rice or baked potato.

Note: Broth may be made by boiling bones and trimmings from roast.

PAN-BROWNED HASH

- 1 small onion
- 2 Tbsp. fat
- 1 C. ground cooked beef
- 1 C. diced cooked potatoes
- Salt and pepper

Mince onion and brown in fat in a heavy frying pan. Mix meat, potatoes and seasonings. Press into pan. Turn flame low and cook to brown hash. Turn hash, brown side up on a heated platter to serve.

BEEF ROLLS

- 1/2 C. gravy
- 1 C. ground cooked beef
- 2 Tbsp. minced celery
- 1 Tbsp. onion juice
- 2 Tbsp. finely chopped green pepper

1 recipe biscuit dough

Mix meat, celery, green pepper and onion juice into gravy. Season to taste. Spread on thinly rolled biscuit dough. Roll up as for a jelly roll. Cut in 1 inch slices and place, cut side down, on an oiled baking sheet. Bake at 425° for 15 to 20 minutes. Serve with gravy or sauce made from cream of mushroom soup.

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